



Springtime Quiche

READY IN



70 min.

SERVINGS



8

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 pound asparagus fresh trimmed cut into 1 inch pieces
- 1 cup baking mix
- 8 slices bacon crumbled cooked
- 0.5 teaspoon parsley dried
- 1 cup egg substitute
- 0.3 teaspoon pepper black
- 2 cups milk
- 0.5 cup onion chopped
- 0.3 teaspoon salt

1 cup swiss cheese shredded

Equipment

bowl

oven

knife

pie form

Directions

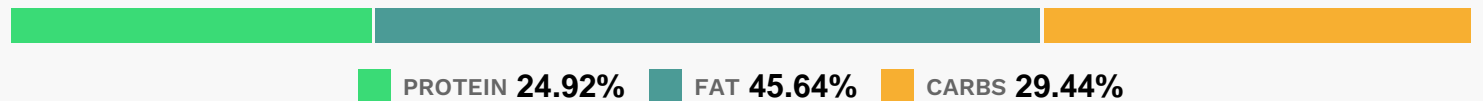
Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9-inch deep dish pie pan.

Sprinkle the bacon, cheese, onion and asparagus into pie pan. In a medium bowl, beat together the milk, baking mix, egg substitute, salt, pepper and parsley; beat until smooth.

Pour mixture into pie pan.

Bake in preheated oven until a knife inserted into center of quiche comes out clean, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.67, Inflammation Score:-6, Nutrition Score:14.103043473285%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg

Nutrients (% of daily need)

Calories: 221.21kcal (11.06%), Fat: 11.34g (17.44%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 14.76g (5.37%), Sugar: 6.77g (7.52%), Cholesterol: 28.09mg (9.36%), Sodium: 507.9mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.85%), Selenium: 24.15µg (34.5%), Phosphorus: 312mg (31.2%), Calcium: 261.11mg (26.11%), Vitamin K: 25.22µg (24.02%), Vitamin B2: 0.41mg (23.99%), Vitamin B1: 0.29mg (19.23%), Vitamin B12: 0.98µg (16.41%), Vitamin A: 711.24IU (14.22%), Folate: 56.17µg (14.04%), Iron: 2.35mg (13.03%), Zinc: 1.79mg (11.96%), Vitamin B5: 1.17mg (11.74%), Vitamin B3: 2.2mg (11.01%), Potassium: 359.5mg (10.27%), Vitamin

B6: 0.2mg (10.23%), Vitamin E: 1.29mg (8.57%), Manganese: 0.17mg (8.45%), Vitamin D: 1.18µg (7.89%), Magnesium: 31.58mg (7.89%), Copper: 0.16mg (7.85%), Fiber: 1.69g (6.77%), Vitamin C: 4.12mg (4.99%)